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Your essential daily news | MONDAY, MAY 29, 2017

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Around 12,000 people
participated in the Calgary
Marathon this year.

ELIZABETH CAMERON/FOR METRO

Pay for girl's care: McIver

CANCER

**'Unfair' for
family to go
deep in debt for
U.S. treatment**



**Elizabeth
Cameron**
For Metro | Calgary

A Calgary MLA says the province
should pay for Greta Marofke's
medical bills.

The three-year-old girl recently
underwent a successful
liver transplant in Cincinnati
to effectively cure her hepato-
blastoma — an extremely rare
childhood cancer that affects
10-15 kids in Canada each year.

"They're caught in what
is an unfair situation ... they
shouldn't have to go \$1 million
US into debt as a family because
Greta has gotten sick," Calgary-
Hays MLA Ric McIver told Metro.

"I encourage the health min-
ister to use the authority she
has to pay for Greta's treatment

and then open up a discussion
in the legislature on how we
might be able to improve the
current policies," McIver said.

Health Minister Sarah Hoff-
man met with the Marofkes ear-
lier this month and suggested
they apply to the Out-Of-Coun-
try Health Services Committee,
which may fund insured medical
services not available in Canada.

"I respect that doctors must
make treatment decisions based
on effectiveness for individual
patients on a case-by-case basis,"
the minister said.

Doug Strother, a pediatric
oncologist at the Alberta Chil-
dren's Hospital, said travelling
is common with children's can-
cer because it's not possible for
every hospital to have expertise
in every type of therapy a patient
may need.

"This is why we have to work
as an international community,"
Strother told Metro.

"If we were to give (one type
of) therapy one time a year, are
we going to be as good as people
who do it 10 times a year? Prob-
ably not."

CANADA 150K

Gruelling challenge unlikely to be seen again metroNEWS

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HEADLINE

COFFEE

Many rich returns

Peruvian Café de Monteverde

By: Sean Deasy



Café de Monteverde makes Peru worthy of revisiting for coffee lovers

Certain countries have so much to offer that they're worth exploring again and again. The same can be said for some of the world's coffee-producing nations. Peru, for instance, produces some of the planet's best coffee, and is a leader in organically grown beans. And when it comes to flavour, the South American coffee giant is certainly no one-trick pony, yielding vastly different types of beans depending on the region.

Café de Monteverde is a perfect example. Located in Rodríguez de Mendoza in the Amazonas region of northern Peru, this co-op actually produces varieties that include Arabica, Typica, Catimor, Caturra, Pache and Catuai.

And that's within just one region: whatever your

Peruvian coffee of choice, it's very much the product of its local origin.

"You have different mountain ranges, different sunlight, different shade, different soil, different rainfalls," says Eric Shabsove of Mountain View Coffee in Toronto, chief curator of the Headline Coffee series. "There are all kinds of different micro-climates throughout the country. All this translates into wonderfully unique taste characteristics. Beans from one farm next to another farm won't necessarily taste the same. That's what's exciting about going back to a country like Peru and trying a different region."

Café de Monteverde's coffees are shade grown at an altitude of 1,400–1,800 meters above sea level. Thanks to the micro-climates particular to

Rodríguez de Mendoza, growers can harvest all year long, with increased production between April and December. The harvest begins by selecting mature red cherries to ensure a greater concentration of sugars. Beans are then pulped, washed and fermented (fermentation is typically an 18- to 24-hour process).

The outcome is a bean that creates a smooth and well-balanced coffee. It's exquisite taste—delivering on the promise of a wonderful aroma—is a rich body of brown sugar and refined caramel notes. Café de Monteverde coffee may indeed have the perfect ratio of sweetness to acidity, says Shabsove.

Facts & figures

The Café Monteverde co-op was founded in 1989—comprising 12 families with deep roots in agriculture, conservation and education—to better serve the needs of local coffee producers. That meant striving to improve technical support to farmers, encourage best environmental practices and help its members reach international markets.

The significance of opening that door to wider markets cannot be understated.

Shabsove explains:

"Not that long ago, farmers in this region still had very small farms—perhaps half an acre, or two or three acres of land. And they would pick their harvest, come down from the hills with their donkeys or mules, and they try to sell their coffee to the buyers who would be at the bottom of the hill. Sometimes there might have been only one buyer there." Tragically, says Shabsove, these farmers were typically taken advantage of, simply because there wasn't a consistently reliable source of buyers for their coffee. "And so any price, invariably, would have to be the price they got," he laments. "But with

the advent of Café Monteverde, it presented all kinds of advantages including, ultimately, by establishing a fair set price."

Repping the region

Today Café de Monteverde represents several producer organizations, including La Flor del Café, comprised of nearly 300 Fairtrade (FLO) and Organic certified producers. The co-op provides technical assistance and training for its members, financing and marketing services and helps manage the producers' organic and Fairtrade certifications.

It also offers mentorship and training to help farmers manage their resources and enhance their agricultural productivity. Individual meetings occur throughout the year covering topics such as soil conservation, pest management, harvesting and cultivation.

These are tangible benefits for farmers who produce high quality coffee, and that includes the provision and installation of solar drying tables and fermentation tanks. These benefits are real incentives for farmers to continually improve their coffee quality and processing techniques.

Sustainability soars

As part of the co-op's commitment to the environment, Café de Monteverde is assessing projects that would benefit their surrounding land and community. Project proposals include efforts to use more efficient irrigation systems, creating a sanctuary for local flora and fauna and developing better waste management systems.

This is organic coffee production at its best: The co-op is deeply involved with their farmers at every stage, including the planting of seedlings, water conservation, maintenance of soil fertility, organic matter composting and organic methods of pest control.

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Define and confine

Labels shape us. In a multimedia event entitled *Labelled*, production house Humainologie invites the audience to explore the power of labels to define and hurt. Artists express this power in film, photos and live performances.

AARON CHATHA METRO CALGARY

Broken.
Immigrant.
Special.
Bitch.
Crybaby.

Calgary's Humainologie and Swallow-a-Bicycle Theatre are teaming up to tackle labels Calgarians face in everyday life.

"It's not about eradicating or getting rid of labels," said Salima Stanley-Bhanji. "We know we have to live with these labels, so how do we go about doing that?"

That question is explored in *Labelled*, a film and exhibit running at the Motel space in Arts Commons.

Before the show starts, audience members will see a photo exhibit featuring 14 Calgarians, who talk about terms they've been labelled with. The group includes the late Thomas Poulsen, a dancer with disabilities. One of the labels he faced was 'special.' Poulsen died earlier this year, and the exhibit is dedicated to him.

The portraits are often presented with a voiceover from the subject, telling his or her own story.

"The first time I learned of the word refugee was when I heard it on television," runs the voice of Tarek, who grew up near Damascus in Syria.

"The label felt inescapable. Refugee. This wasn't something I just thought about myself or someone told me that I was. The government had stamped a piece of paper to solidify this part of my new identity. This had become who I was."

Tarek's story ends with a new label: permanent resident of Canada. But



A short film, part of the presentation, uses input from the actors' real lives to explore the theme. HUMAINOLOGIE

maintains that he will still wear his old label of refugee proudly, to give a voice to people like him who were forced from their homes.

Many of the faces in the portraits take part in the stage production and film, which will take place alongside the photo exhibit at the theatre. Fea-

turing dancers, stand-up comics and the powerful emotions behind true-to-life labels, the show explores the many facets and stories behind the words.

"By recognizing the role of labels, and how labels can sometimes box us in, define or confine us, we hope this production will create an ability

for people to more easily understand and connect with themselves and other, in a compassionate way," said Stanley-Bhanji.

Humainologie is a division of the Centre for Global Community. For more on the production, visit humainologie.com

ECONOMY

Province's credit rating drops

Alberta's credit rating has once again been knocked down. S&P Global Ratings says it has reduced the province's rating two notches from AA to A+ on its expectation of continued high deficits as Alberta tries to stimulate the economy.

S&P criticized the province for not introducing any material measures of fiscal restraint in the spring budget, and instead waiting for oil prices to recover to bolster its finances. THE CANADIAN PRESS

FATALITY

Man dies in crash

A man died in a three-vehicle crash north of Vulcan Saturday afternoon.

Vulcan RCMP responded to reports of a collision on Highway 23. They believe a southbound pickup truck crossed the centre line and struck a northbound semi. A vehicle behind the semi was unable to stop in time and rolled into the ditch.

The driver, 52, of the pickup was taken to Calgary by ambulance but later died of his injuries. The other two drivers were taken to nearby hospitals. There were no passengers in any of the three vehicles.

RCMP say the name of the deceased will not be released. METRO

INFRASTRUCTURE

Old bridge moving

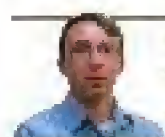
After a false start Friday, the city says the 12 Street Bridge will be lifted to shore on Monday, starting 8 a.m., weather permitting.

The city had hoped to move it on Friday, but it turned out to be slightly heavier than engineers estimated.

Crews are already at work on the bridge that will replace the 108-year-old structure. METRO

PROPERTY TAX

Tax break urged for affordable housing



Brodie Thomas
Metro | Calgary

Coun. Brian Pincott will be going to city council with a very big ask on Monday, but he's hoping it could keep doors open for low-income Calgarians.

The Ward 11 councillor is putting forward a notice of motion requesting the city cancel its share of property taxes

on Calgary Housing Company (CHC), and request that the province do the same.

The cost to the city would be just over \$1 million, and CHC would save a total of \$2.1 million if the province agrees to cancel its share of taxes, too.

"But it's a million dollars which goes directly back into affordable housing in Calgary, which the city supports," said Pincott.

He said the city is asking for the power to grant tax-exempt

status to affordable housing properties in the upcoming city charter — a document which would give more power to Alberta's big cities.

That means if they're successful, they'll need to find the money next year anyway. He just wants

to start a bit sooner, to give a boost to the cash-strapped housing provider. "It will keep doors open," said Pincott. "Right now from an operating perspective, Calgary Housing is very challenged."

Pincott said many of the properties operated by Calgary Housing Company are already tax-exempt. It is simply a quirk of the law that the few properties the housing company owns outright have tax money due each year.



Brian Pincott.
METRO FILE



More than 100 members of TeamMito ran the full marathon tied together in an attempt to break the Guinness World Record, again. ELIZABETH CAMERON/FOR METRO

Marathoners run 150K for Canada 150

ROAD RACE

One team bid for record of most runners tied together



Elizabeth Cameron
For Metro | Calgary

For the 53rd Scotiabank Calgary Marathon, 42.2 kilometres just wasn't enough.

To mark Canada's sesquicentennial birthday this year, a few hundred marathoners purchased all the Band-Aids they could and ran the one-time-only Confederation 150K.

A few dozen solo runners and teams began their race on Saturday night and had to complete the first leg of their journey — a mere 100 kilometres — by the time the other races were ready to start at 7 a.m. Sunday morning, where they would round it all off with a 50K Ultra.

Kirsten-Ellen Fleming, executive director of the Calgary Marathon Society, said the idea was suggested as a joke at first.

"To do the overnight, inner city relay in your own hometown — in celebration of Canada 150 — was pretty cool," Fleming said.

You won't see the 150K course returning any time soon,

however — Fleming said it was a "logistical beast" to organize.

"It was a special thing we wanted to do for Canada 150, but (in the future) I think we'll stick to what we know best — road races during the day," she said.

The overnight run wasn't the only unique thing about this year's event, either. More than 100 people who ran the full marathon tied together were attempting to break a Guinness World Record, again.

TeamMito, supporting and raising awareness for mitochondrial disease, beat the same record in 2013, with 10 runners, and the most recent record holder, a 73-person team from Germany.

The team showed up in signature green and black alongside Calgarian and MitoCanada co-founder Blaine Penney, whose son suffers from the disease.

Madeline Bate was running for TeamMito with her husband Lonn and spoke to Metro just before the team embarked on their combined adventure.

"I just decided to do this a week and a half ago! Why not?" Bate said. "We're here to support Blaine Penney and his wife Sarah. It's such a great cause."

More than 12,000 people were expected to participate in the eight different races offered.

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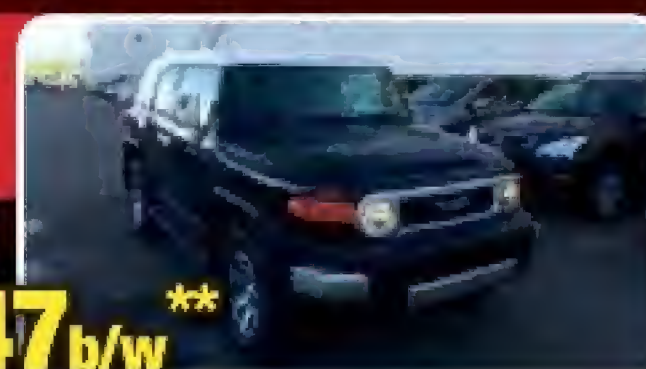
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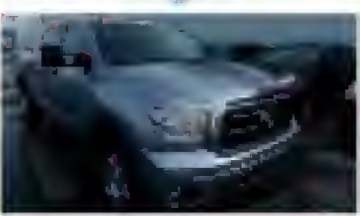
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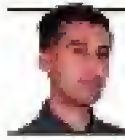


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Ads in unconventional spaces

ENTREPRENEUR

Startup helps small business find ways to get the word out



Aaron Chatha
Metro | Calgary

Entrepreneur Mark Vella is in the business of selling ads — but not just your traditional benches and billboards.

Before creating his platform *advertise*, Vella actually owned a chain of gyms. As the story goes, he noticed a fridge in the corner, which was given to him for free by a soft-drink company, but it didn't exactly align with the health-conscious values of the gym.

So Vella struck a deal with the supplements store around the corner — putting their logo on the fridge, and stocking it with their product.

"I was already looking ahead of the curve and thinking, 'if I have all this valuable and untapped advertising space

to sell, and essentially its an incremental revenue stream, how many other businesses or vendors (also) have ad space to sell?" he said.

Flash forward a few years, and Vella just launched *advertise*, a platform for buying and selling unique advertising spaces.

He hopes that not only will this help small and medium sized businesses find or create some unique advertising opportunities, but also streamline the ad buying process.

For someone just starting out, especially, Vella feels the advertising world can be a bit complicated.

"If you're a small business owner, a realtor, a hair salon, and you want to buy advertising space locally, it's very hard to do," he said.

"If you want to buy a billboard or newspaper space, you have to know who the vendors

are first."

Just buying a billboard, he explained, involves tracking down the owners, setting up a call, negotiating, and a ton of back-and-forth from both parties.

Through *advertise*, prices are more easily available, and you can set up ad campaigns in a few clicks. From fridges to kids hockey teams, there are myriad opportunities.

Vella feels that many businesses place an increased importance on digital advertising and social media, but traditional advertising is now more affordable than ever before and still has a wide reach.

The Calgary company already has some buzz around it — they were one of 15 startups chosen for AccelerateAB

"If you're a small business owner, a realtor, a hair salon, and you want to buy advertising space locally, it's very hard to do."

Mark Vella

this year.

For more information, visit www.advertise.com.



Mark Vella, founder of *advertise*, is hoping to connect more small business owners with ad space in public places. COURTESY AMANDA KALEY



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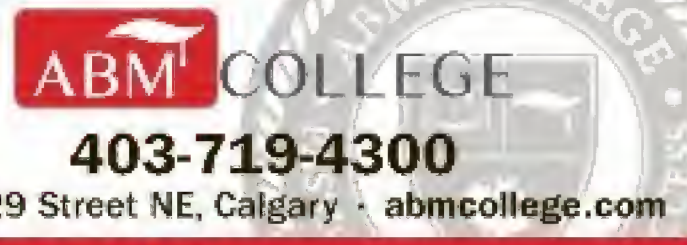
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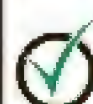
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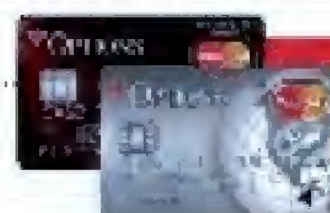
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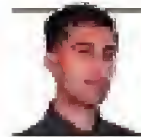
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FASHION

PARKshow showcases local, national designers



Aaron Chatha
Metro | Calgary

It's time to put on makeup, it's time to dress up right — things certainly got started at the PARKshow's two nights of high fashion this weekend.

Seats were arranged, lights when up and the runway barrelled down the Yellow Warehouse in Inglewood, as local, national and international designers showed off their latest creations.

Kara Chomistek, president of PARK, said they were elated by the amount of support the annual event received from the fashion world.

Yes, there were the big

names, like Rad Hourani, the first Canadian designer to show during Couture Week in Paris, and Hung Vanngo, a local makeup designer who now has a long list of celebrity clients (like Selena Gomez and Jennifer Aniston) — but just as important was the fact that half the runway for both nights was Albertan.

Founded in 2008, Chomistek said it's been hard work to help build the fashion scene in Calgary, but rewarding to see it evolve and grow.

"We went from a very corporate, very conservative mind-set, where whenever we talked about a fashion event, we were either getting laughed at or people were really critical," she recalled.

"Now, we're selling out

5

Over the next five years, Chomistek projects that independent designers will become more commercially successful.

both nights and being completely embraced by the community, with a ton of support and excitement for what we're doing."

In the next five years, Chomistek expects to see independent designer move away from the starving artist mentality, and toward commercially viable success.



Now we're selling out both nights and being completely embraced by the community with a ton of support and excitement. Kara Chomistek



1 Winnipeg artist Lennard Taylor took a brush, white paint and a model in a blank black dress onto the runway. He live painted a version of his distinctive dress while models walked past, showing off the finished product. Taylor specializes in high-quality, fashion-forward women's clothing.

2 Local designer Blake Ward wanted to use crops to create yoga tops (and bottoms). His line has now expanded to many different forms of trendy clothing, but it's all still made entirely from hemp. Through his company Seed, Ward's clothing always aims for that natural fit.

3 Shiny, shimmering splendour — Calgary jewellery and clothing designer Kate Hewko bedazzled the runway to colour and trendy garments, like this gleaming green skirt and see-through bag. Hewko's brand has been featured in Vogue Korea, In Style Magazine, Flare, Bust and more.

4 At 15, Sage Wosminity made history as the youngest designer to show at Canadian Fashion Week. Before the runway show began, Wosminity's designs were highlighted in a special display. AARON CHATHA



Robinson's Camera foto source

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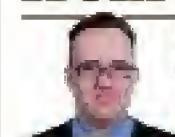


Andrew Scheer, centre, newly elected leader of the Conservative Party of Canada, celebrates with his rival Maxime Bernier, left, following his win in Toronto on Saturday. GETTY IMAGES

Moment of youth for Conservatives

LEADERSHIP RACE

Can Andrew Scheer lure young voters from Liberals?



Ryan Tumilty
Metro | Ottawa

With Andrew Scheer, the Conservative Party picked the youngest leadership choice available this past weekend, but it's unclear whether that will be enough to attract key younger voters.

At 38, Scheer is younger than Prime Minister Justin Trudeau or current NDP Leader Tom Mulcair. The Conservatives lost in 2015, not because their core support left them but because a new crop of 18- to 34-year-old voters turned out to support Justin Trudeau.

James Hawkes, 25, is among Scheer's supporters. Joined by fellow party members in Saskatoon, where he is involved with campus Conservatives, he watched his preferred candidate come to victory. Hawkes has no doubt Scheer will be able to bridge the generational divide.

"He's the closest thing we have had to a millennial in any of the major parties," he said. "Andrew is going to appeal to youth, definitely." Hawkes said millennials don't all think the same way and Scheer's pledge to remove funding from universities that don't protect freedom of speech will have broad appeal.

"They don't feel they're allowed to speak about what matters to them and their beliefs on various topics."

Quito Maggi, president of Mainstreet Research, polled extensively on the race. He said even

though Scheer is younger he's unlikely to tap into the youth vote.

"Despite Andrew Scheer's appearance and age they picked the wrong candidate to appeal to millennials," said Maggi. "With his ideology, with his policy background, I don't think he is going to have an easy time."

He said Scheer's social conservatism — even if he is committing not to legislate on it — is going to be a tough sell for younger voters.

Maggi said he believes Scheer is banking on those voters staying home or gravitating to a new NDP leader in 2019.

"He's not interested in increasing the size of the Conservative tent," he said. "There is no real interest in reaching out."

Scheer, a father of five, had one message to younger voters in his acceptance speech Saturday night.

"We have to get a grip on this out-of-control spending. It's not fair to future generations of Canada," he told supporters. "I cannot allow Justin Trudeau to do the same thing to my five children that his father did to my generation."

“Despite Andrew Scheer's appearance and age they picked the wrong candidate to appeal to millennials. Quito Maggi

Trudeau and Scheer talk trade

New Conservative leader Andrew Scheer's victory speech was peppered with attacks on Prime Minister Justin Trudeau.

But on Sunday, the two spoke by phone in the aftermath of Scheer's win, one that now also makes him the official Opposition leader in the House of Commons. Trudeau called Scheer from Italy, where the prime minister is currently on a state visit following the G7 summit.

"They discussed issues of importance including making Parliament work for Canadians and the important relationship

with the United States," read a statement from the Prime Minister's Office.

"They agreed to meet in person in the coming weeks."

Despite the proforma call, the Liberals have not wasted time attacking Scheer, either, painting him as an extremist, with his call for an end to federal funding for universities that don't guarantee free speech on campus.

They also released a new video about positive politics Sunday, drawing on a two-year old speech from Trudeau to showcase him as an inclusive

leader, in an apparent contrast to Scheer's socially conservative roots.

It's likely to be some time before Scheer and Trudeau face-off there however, as the prime minister is out of the country for most of the coming week.

Still, Scheer is expected to lead off question period on Monday, after a morning meeting with the 98 other members of Parliament who make up his caucus.

Current NDP leader Tom Mulcair posted his congratulations to Scheer in a message on social media. THE CANADIAN PRESS

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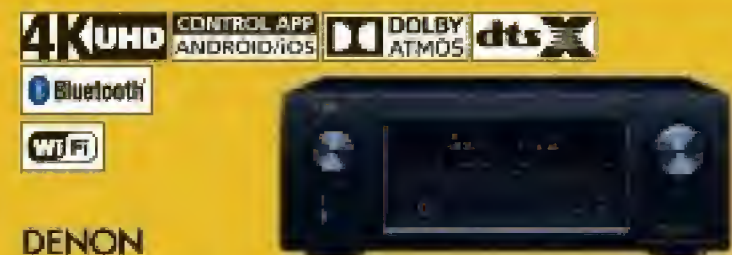
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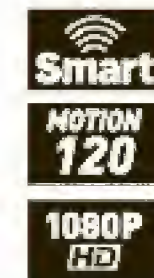
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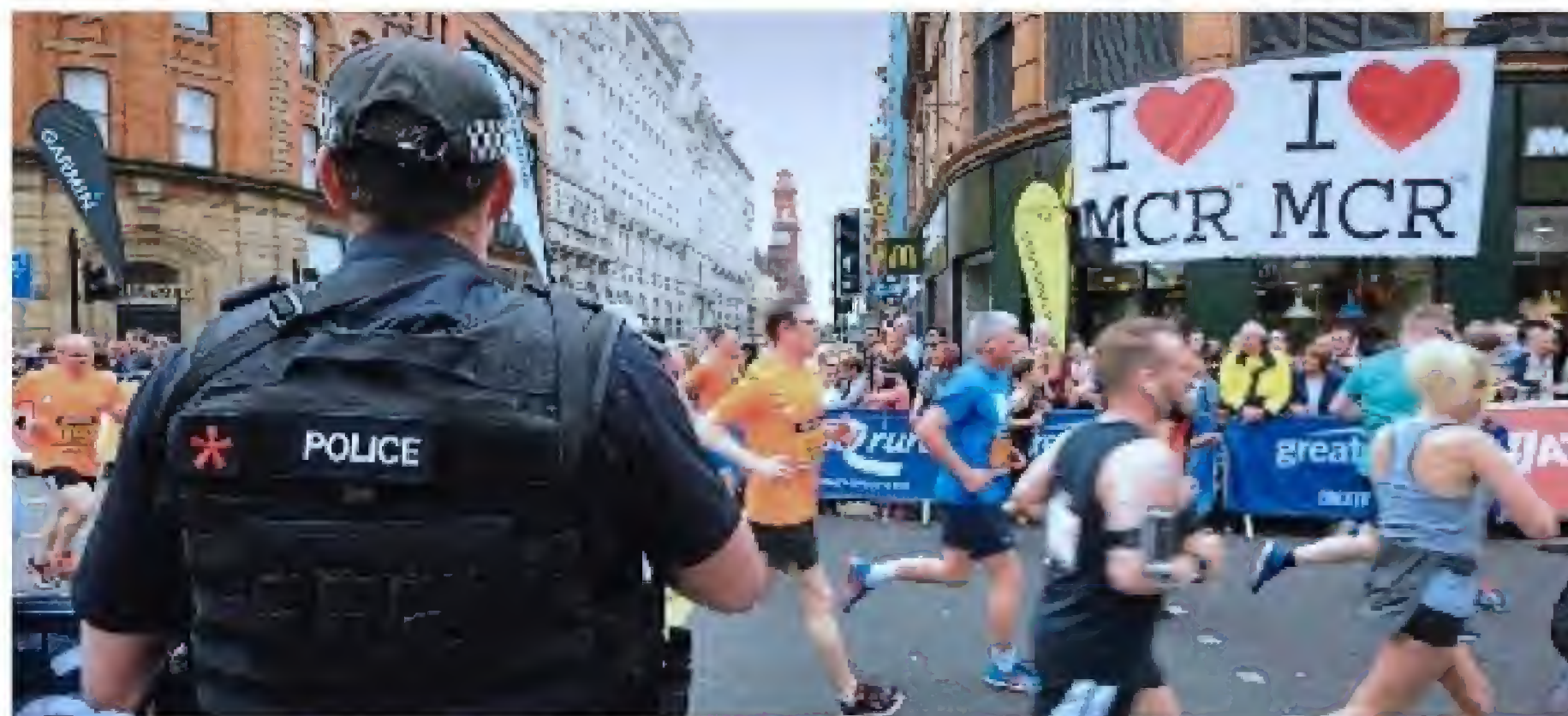
More arrests made after terror attack in Manchester

British police made two more arrests and stormed three more locations Sunday as they hunted for suspects in the Manchester bombing, while a government minister said members of attacker Salman Abedi's network may still be at large.

Greater Manchester Police said two men — one 25 years old and the other 19 — were arrested in the city on suspicion of terrorist offences. Eleven other men between the ages of 18 and 44 also were in custody.

Most of the searches and arrests since Monday night's bombing have been in multi-ethnic south Manchester, where Abedi, the son of Libyan parents — was born and raised.

Police say that 1,000 people are working on the investigation, trying to track down Abedi's accomplices and piece together his movements in the days before he detonated a bomb at an Ariana Grande concert. The explosion killed 22 people — including seven



Armed police stand at the start of the Great Manchester Run in Manchester, England Sunday. More than 20 people were killed in an explosion following an Ariana Grande concert at the Manchester Arena late Monday evening. GETTY IMAGES

children under 18 — and injured more than 100.

Abedi died in the blast. Investigators say they have dismantled a large part of his network, but expect to make more arrests.

"The operation is still at full tilt," Home Secretary Amber Rudd said, adding that some suspects could remain at large.

"Until the operation is complete, we can't be entirely sure

that it is closed," she said.

British police now have 13 suspects in custody — including Abedi's elder brother Ismail — and have searched properties across Manchester, a city in northwest England. Another brother and Abedi's father have been detained in Libya. Police have released surveillance-camera images of Abedi on the night of the attack that show him

dressed in sneakers, jeans, a dark jacket and a baseball cap. The straps of a backpack are visible on his shoulders.

Authorities are appealing for more information about his final days. They say he returned to Britain from Libya on May 18, and likely completed assembling his bomb at a rented apartment in central Manchester.

THE ASSOCIATED PRESS

STATEMENT

American singer Ariana Grande says she will return to Manchester for a benefit concert to raise money for attack victims and their families. Grande tweeted a statement saying details are still being finalized.

WHITE HOUSE

Trump eyes staff overhaul

President Donald Trump is considering overhauling his White House staff and bringing back top campaign strategists, frustrated by what he views as his team's inability to contain the burgeoning crisis involving alleged Russian meddling in the 2016 election.

Expanding teams of lawyers and experienced public relations hands are being recruited to deal with the drumbeat of new revelations about Moscow's interference and possible improper dealings with the Trump campaign and associates. The disclosures dogged the president during his first trip abroad since taking office and threaten to overwhelm and stall the agenda for his young administration.

As he mulls outside reinforcements to his operation, Trump returned late Saturday from his nine-day journey to a White House seemingly in crisis mode, with a barrage of reports hitting close to the Oval Office and involving Jared Kushner, his son-in-law and influential adviser.

After maintaining a limited social media presence throughout his trip, Trump on Sunday unleashed a furious flurry of tweets, lashing out at what he called the "fake news" media.

Trump's lawyer, Marc Kasowitz, joined a still-forming legal team to help the president shoulder the intensifying investigations into Russian interference in the election and his associates' potential involvement. More attorneys with deep experience in Washington investigations are expected to be added, along with crisis communication experts.

"They need to quarantine this stuff and put the investigations in a separate communications operation," said Jack Quinn, who served as White House counsel for President Bill Clinton.

THE ASSOCIATED PRESS

MARAWI

Philippines battles militants as civilians found shot dead

Philippine forces found corpses in the streets of a besieged southern city on Sunday, including at least eight civilians who appeared to have been executed, as soldiers battled a weakened but still forceful group of militants linked to Daesh. The death toll from six days of fighting neared 100.

The crisis in Marawi has grown increasingly dire as the militants show unexpected strength, fending off a military that has unleashed attack helicopters, ar-

moured vehicles and scores of soldiers.

The violence prompted President Rodrigo Duterte on Tuesday to declare 60 days of martial law in the southern Philippines, where a Muslim separatist rebellion has raged for decades. But the recent bloodshed in Marawi has raised fears that extremism is growing as smaller militant groups unify and align themselves with Daesh.

Much of the city is a no-go

zone, but as the military advances and more civilians escape, the scope of the battle is becoming clear.

Thousands of civilians have streamed out of Marawi and more than 2,000 were still trapped inside the city.

"Have mercy on us, we don't have any more water to drink," read one of the messages, sent to a hotline set up for trapped residents.

THE ASSOCIATED PRESS



Philippine marine forces manoeuvre through a street on their way to an assault in Marawi on Sunday. GETTY IMAGES



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Al Baraka Nagal Dates

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\$5⁰⁰



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500g

\$2⁴⁹
/each



Al Barakah Nagal Dates

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/each



Al Barakah Dates Jawaher

1Kg

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/each



Handi Fried Onions

400g

\$1⁹⁹
/each



Indomie Soup Noodles Asst.

80g

69¢
/each



Pearl Basmati Rice

8lb

\$6⁹⁹
/each



Royal Mango Juice

1.5L

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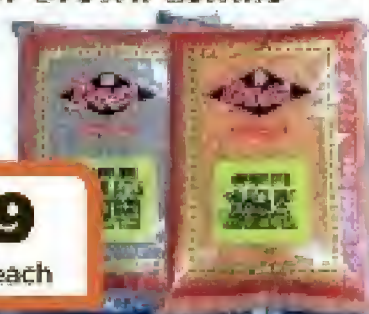
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Mumtaz Ghee

2kg

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Mumtaz Ghee

1kg

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Halal Fresh Chicken Breast
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Halal Fresh Chicken Breast
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/each

Fresh Dill

\$1⁴⁹
/bunch

Gala Apples

\$1²⁹
/lb

Ripe Papaya

99¢
/lb

Leaf Lettuce Red or Green

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/each

Green Grapes Seedless

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/lb

Vimto Syrup
710ml

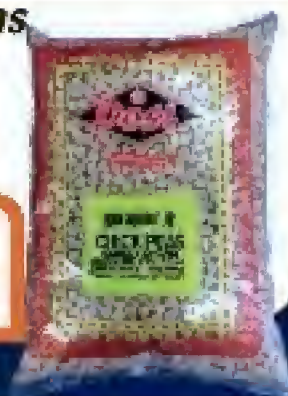
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Arabic Coffe Ground

\$5⁹⁸
/lb

Desi Chick Peas

4lb



\$5⁹⁹
/each

Dubai Pasta

Assorted Pasta 400g



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/each

Alworood Pasta

Assorted Pasta 400g



49¢
/each

Cedar Chick Peas

19oz



88¢
/each

Fresno Grape Leaves

454g



\$7⁹⁹
/each

Rooh Afza

800ml



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/each

Al Dayaa Syrup Asst.

800-750ml



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/each

Tria Couscous Medium

1kg



\$2⁴⁹
/each

Cedar Okra Frozen

375g



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Safina Couscous Fine

1kg



\$2⁴⁹
/each

Safa Jello Asst.

75g



99¢
/each

TYJ Spring Roll Pastry

400g



\$2⁹⁹
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Safa Custard

454g



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Rezq Rice

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Al Dayaa Rose Water

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/each

Al Sayyah Tahini

500g



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/each

Mechaalany Tahini

2lbs



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/each

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907g



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/each

California Chic Pea Dip

400g



99¢
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Danesita Butter Cookies

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/each

Barbican Assorted Flavours

6x330ml



\$4⁹⁹
/each

Assorted Nan Bread Frozen

800g



\$2⁹⁹
/each

Cedar Frozen Molokhia

400g



\$1⁹⁹
/each

PRICES IN EFFECT FROM MAY 29TH - JUNE 11TH



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION Do I have to refer to someone by their preferred pronouns?

Dear Ellen,

My 22-year-old son has a friend who looks and sounds female to me, but he says she is "non-binary," meaning not male or female, and she does not want to be called "she" or "her" anymore. Instead, I'm supposed to call her "they" or "them." I try my best, but I find it all very confusing and often forget to use the correct pronoun, which makes my son furious. He says I'm being terribly rude and insulting, but isn't it a bit rude to expect me to change how I talk just to accommodate someone else's radical political views?

Confused Mom

Dear Confused Mom,

Wowza, ma'am. You have opened a giant tinderbox here, but it's a good one, and increasingly relevant, so let's discuss.

First, consider a similar language issue from another era. Before the term Ms. came in, men were identified as Mr., regardless of marital status, while women were identified as Mrs. or Miss. In other words, with a simple honorific, society instantly divided women into married (off limits, i.e., sexually unavailable) or single (sexually available if young, or proven sexual reject if older).

Many chauvinists (male and female) fought the use of Ms., suspecting (correctly) that it threatened the patriarchal status quo by chipping away at how female humans overall are seen and defined. But

in terms of etiquette, the rules are on the side of Ms. — that is, if you believe etiquette means treating all human beings as equal (which it does). Simply put, all humans are equally entitled to keep their marital status private in public and on paper. So the use of Ms. has rightly prevailed, and we should all use it, unless a woman insists on being called Mrs., in which case one should politely respect her wishes to be so identified.

Your non-binary pronoun question is complex, but similar. The request feels unreasonable because it doesn't make sense to people who grew up thinking the world was male or female, period. It helps if you try to understand that "being" male or female, or neither, is not a choice or a "radical political view." It's a real feeling, rooted in a sense of personal identity.

But whether you understand this or not,

or like it or not, the right thing to do is respect your son's friend's request and make an effort to use the neutral pronoun.

Don't worry if you make mistakes — as long as you proceed in good faith and make an honest effort, they can be politely patient with, and appreciative of, broad-minded you.

Need advice?
Email Ellen:
askellen@metronews.ca



Ani Castillo

VICKY MOCHAMA

With reality-TV flair, Conservatives choose the 'nice guy' leader

Poised to pick a bombastic-yet-unknowing reality TV businessman then finding a leading contender in a Quebec libertarian, the Conservative Party of Canada picked a man who definitely has a Wikipedia page.

The Saturday night selection of Andrew Scheer was done with a dramatic panache worthy of some of the best reality television producers. It is a nail-biting style that, let's be honest, I did not think the Conservatives had.

Polls closed at 4 p.m., but the party didn't announce a leader until well into the evening.

This could be thanks in part to the fairly technical way the party votes for its leader, involving ranked ballots and a complex points system.

Back in 2004, they had to figure out all this by hand, but this year the process has been automated.

In all likelihood, the computer had already done the math by 4:30 p.m., and was onto planning world domination by the time the Conservatives crowned Scheer.

But why squander the chance to own the airwaves? And why not become a trending topic on social media where I, a millennial without cable, could follow along as people united to hate on Kevin O'Leary?

The producers of America's Next Top Model,

The Bachelor, Survivor, Project Runway and other fine reputable fare could not have done better. It would only have been more delightful if, in Andrew Scheer's first speech as leader, he announced that he wasn't here to make friends.

In round after round, Maxime Bernier led the ballots until the very last one in which Scheer ~~just~~ outscored him.

In many ways, it reminded me of the first season of Paradise Hotel when after a season of mostly being ahead, Dave, an affable kind man, ended up being screwed over by his partner, Charla, a "nice girl" with the heart of a super villain.

Sure, the nice guy won on Saturday, but at what cost?

For most Canadians, Scheer is not well known. A field of 14 candidates during an unruly time did not help him. As the country heads towards the 2019 election, the stakes are high: modest overall economic growth is being challenged by a recession affecting Calgary and Edmonton, and a heated housing market in Toronto and Vancouver — while internationally, an overgrown and dangerous infant threatens the stability of global peace.

The party managed a couple hours of drama. Now they'll have to produce several seasons of the Scheer Show.

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STRANGER THAN fiction

Trump presidency renders House of Cards irrelevant

Kevin Spacey and Robin Wright return for a fifth season of House of Cards. CONTRIBUTED

Tony Wong
life@metronews.ca

Spoiler alert: Story has details of previous seasons

Frank Underwood is a killer. We know this because the fictional president once shoved a reporter in front of a subway car. Finely and indulgently played by Kevin Spacey, Underwood is mercurial, cunning and the most dangerous man on television.

Yet current events have conspired to make the infamous fake president seem reductive and, improbably, smaller than life.

House of Cards returns for a fifth season, with Spacey and first lady Claire Underwood

(Robin Wright) as the rulers of an alternate Camelot, a kind of sociopathic Bill and Hillary Clinton. At any other time this would be substantive, trippy entertainment. The darkness of the show played well during the seeming naïveté of an Obama administration.

And then came Donald Trump. Spacey plays Underwood on TV like it was written by Shakespeare, a politician who plays three-dimensional chess when the other guys are playing hopscotch after a dozen beers. The beauty of House of Cards was that it took you deep into the bowels of the West Wing, while our anti-hero president vanquished foes like a true Master of Whisperers. It sometimes

took an entire season to pass a crucial piece of legislation using those dark arts. But the details were exquisite.

Now there is Trump. Suddenly it's apparent that you don't need experience, or smarts, or even a basic understanding of world affairs to be president. While Spacey's playbook is right out of Machiavelli's The Prince, Trump is absurdly cartoonish, his clumsy manoeuvres stolen from WrestleMania. That's not surprising, since the president sits in the WWE Hall of Fame.

With Trump we have learned that sophistry does not win you points. Or an election. Why be like Frank Underwood, delicately tap dancing through congress when the blunt instrument of

TELEVISION

House of Cards

- Season 5 premieres Tuesday on Netflix.
- Creator Beau Willimon has left, leaving veteran writers Melissa James Gibson and Frank Pugliese to take over as showrunners.

an executive order is far more to the point?

With the fictional President Underwood, the devil is in the details. And he'll tell you so himself, as the new season returns to breaking the fifth wall. Underwood plays to the camera, gleefully relaying the mischief he's

up to. You only wish he had a handlebar moustache to twirl when he's doing it.

Trump doesn't care about the fine print, and so far, despite stumbling past his first 100 days, he's still gamely hanging on, a wounded, angry creature. Underwood's southern charm is benign by comparison.

Like HBO's comedy Veep, about a narcissistic, over-the-top politician clinging to power played by Julia Louis-Dreyfus, House of Cards has been usurped by reality. It's hard to satirize a president who is satirizing himself.

Still, House of Cards has often veered into excess, sharing more DNA with Veep than All The President's Men as it careened

from drama to black parody.

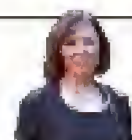
That seemed evident last season when the president decided to put his wife on the ticket as the vice-president. That sort of nepotism would be laughable — and arguably, it detracted from the realism of the show.

But then Trump put his daughter Ivanka in the White House and let his son-in-law Jared Kushner handle foreign affairs, all the while continuing to blatantly profit in his business from political connections while a special investigator decides whether his staff was colluding with Russians.

Rest in peace, House of Cards. You delivered a decent season with fine performances. But the world has, incomprehensibly, passed you by. TORSTAR NEWS SERVICE



The characters played by Andre Braugher and Terry Crews have different thoughts on how to combat racism in Episode 16 of Season 4. CONTRIBUTED



JOHANNA SCHNELLER WHAT I'M WATCHING

Comedy toes the racial line on Fox

THE SHOW: Brooklyn Nine-Nine, Season 4, Episode 16 (Fox/City)
THE MOMENT: Picking a battle

Policeman Terry Jeffords (Terry Crews) was stopped and cuffed by a white cop just for walking down his own street. When he tried talking to the cop later, the cop justified his actions. So Terry asks Captain Holt (Andre Braugher) to file a formal complaint.

To his surprise, Holt refuses. "That complaint could backfire,"

Holt says. "I don't want to see your career derailed."

"I wasn't harassed for being a cop," Terry says. "I was harassed for being a black man."

"I'm not saying do nothing," Holt says. "I'm saying the most powerful action you can take is to rise through the ranks, so you can make large-scale changes."

Later in the episode Holt files the complaint — after admitting to Terry that he fell victim to old thinking. As a gay, black cop, he had to play it safe to rise. But

why does he have power now, if not to use it?

This scene is interesting for two reasons. First, it's fascinating to watch two black characters having a dialogue about the best way to combat racism on a light-hearted, mainstream U.S. network sitcom.

Second, that U.S. network is Fox. On and off since the 1970s, sitcom writers have used their comedies to address so-called taboos and to break down viewers' prejudices against margin-

alized people — rape on All in the Family, biracial marriage on The Jeffersons, homosexuality on Ellen.

But teaching viewers about racial profiling on the network that serves as the mouthpiece for Donald Trump? Well, these are turbulent cultural times indeed.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



CANNES FILM FESTIVAL THE SQUARE PEGGED AS PALME D'OR WINNER

The Cannes Film Festival jury awarded its coveted Palme d'Or award to Ruben Ostlund's *The Square*. "Oh my god! OK," the Swedish filmmaker, pictured here (left) with actor Christopher Laesso, exclaimed after he bounded onto the stage to collect the prize on Sunday. In the film, Claes Bang plays the curator of an art museum who sets up *The Square*, an installation inviting passers-by to altruism. But after he reacts foolishly to the theft of his phone, the respected father of two finds himself dragged into shameful situations. Also at Cannes, Sofia Coppola won best director for *The Beguiled*, while Diane Kruger has been named best actress and Joaquin Phoenix best actor. THE ASSOCIATED PRESS/GETTY IMAGES

Keys in tune with fight for equality

HUMANITARIANISM

Singer and Indigenous movement share award

American recording artist and humanitarian Alicia Keys believes a change is coming, as people in both Canada and the United States wake up to the fight against inequality and injustice.

"There's a veil that's lifted so we're not able to say anymore, 'I didn't know that,'" she said Saturday in Montreal, where she was honoured for her activism.

The 15-time Grammy winner received Amnesty International's Ambassador of Conscience award which she shared with members of Canada's Indigenous rights movement.

The award is presented each year to an artist and an activist who have stood up to injustice, inspired others and furthered the cause of human rights.



Alicia Keys, centre, greets Indigenous rights activists Melanie Morrison, left, and Melissa Mollen Dupuis in Montreal Saturday. GRAHAM HUGHES/THE CANADIAN PRESS

Keys said she sees similarities between the struggle of Indigenous communities in Canada and that of communities fighting for equal treatment in the United States.

"If an Indigenous person is killed there's no coverage on the news," she said. "It's similar in America, where if a brown or a black person is killed there's much less coverage."

"You start to see how our

struggles and the issues we all care about are similar no matter where we live and I think that's bringing us together so much more, as humanity, as people," she continued.

Keys is known for her philanthropic work, including as co-founder of Keep a Child Alive, a non-profit providing treatment and care to families affected by HIV in Africa and India.

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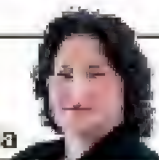


ISTOCK

ADVICE

Financial plans often misunderstood

Gail Vaz-Oxlade
For Metro Canada



People always seem to want to debate the validity of a budget. Second only to insurance, budgets are the most misunderstood financial tool around.

People see them as constraining, like a too-tight pair of shoes that pinch and rub. People see them as rigid; think full-body cast. People see them as impossible, as in, "I've made lots of budgets but they never work!"

Budgets do work, and here are seven reasons to have one:

1. A budget is a plan

It's a reflection of your choices for how you will spend your hard-earned money. Without the plan, you're driving down the road with a blindfold on and it's only a matter of time before you run into the ditch.

2. A budget is a gauge

It lets you see if you are living

within your means. With easy credit, it is much harder to see that you're not making ends meet because you can fool yourself into thinking you've got it covered. If you have a budget and you faithfully plug your numbers in, the budget will tell you the truth.

3. A budget gives you control

You have dreams of things you'd like to have, places you'd like to go, experiences you'd like to ... well ... experience? With a budget, those dreams and aspirations don't have to go ignored because you keep getting to the end of the money before you get to the end of the month.

4. A budget anticipates expenses

Without a budget, people think of most of their less regular expenses as "unexpected." Having forgotten about the car insurance bill that comes once a year, they're shocked and surprised when the bill arrives. With a budget, not only would you know when to expect the bill, you'd have set aside 1/12 of the total each month so paying it would be no problem.

5. A budget keeps you focused

It's a lot harder to spend willy-

nily when you're on a budget because you've accounted for where the money is going down to the last red cent. If you find a category isn't working because there's not enough in it, you have to cut from another category to make the budget balance. But every cent is accounted for. No surprises.

6. A budget eliminates squabbling

If you're mated to one of those people who have no self-control, a budget can be a relationship rescuer since it will reduce arguments about money, as in, "not until we put it in the budget."

7. A budget reduces stress

Perhaps the biggest benefit reported by people who finally get on a budget is that their stress is way reduced and they find that they sleep better! Following a budget means you eliminate unnecessary worrying over money and debt. You're confident that everything is figured out, and as long as you follow the budget, you've created a plan that will get you to where you want to be.

For more money advice, visit Gail's website at gailvazoxlade.com

MAKING DOUGH PRISON PIZZA PROGRAM

Inmates score perk of ordering gourmet pizza

How can you get a gourmet Italian pizza delivered right to your door for no more than \$7? Get locked up at Cook County Jail in Chicago.

Inmates in the jail's

medium-security Division 11 can now order pizzas made with the finest ingredients in the kind of ovens found in pizzerias. It's all part of Sheriff Tom Dart's ongoing effort to make jail a bit more humane while providing inmates skills that might help

keep them from returning once they're set free.

The inmates have a hand in baking a couple hundred pizzas a week in a \$16,000 oven and deliver them piping hot to the cells of captive customers.

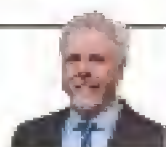
THE ASSOCIATED PRESS

Using farmers to save badgers

CONSERVATION

Endangered creatures rely on the help of farms to live

Owen Roberts
Urban Cowboy



Ontario's 200 endangered badgers are hanging on by a thread. And their habitat — perhaps even their future — depends a great deal on farmers.

Badgers live in burrows around the perimeters of farmers' fields and creek-sides. They're common in Western Canada and parts of the U.S., where they're sometimes scorned for leaving holes that can ruin expensive farm equipment.

But not in Ontario. Here, badgers are scarce and elusive.

Biologist Josh Sayers, leader of the Ontario Badger Project, a conservation program to save the grizzled grey creatures, calls them "ghost-like."

Indeed, because they're nocturnal, few people ever see them. Plus, they have a huge range that they move within every few days. One badger around Tillsonburg, Ont., called 80,000 acres home. That encompasses many farms.

"Because badgers' range is so broad, we need farmers to work together to help maintain habitat," says Sayers. "Nearly all of our work takes place on farms. For badgers, agriculture is huge."

Sayers has worked with farmers for eight years to help badgers survive. Through farm visits and through the project's website, he answers questions about these mysterious crea-



The nocturnal creatures are sometimes scorned in the U.S. for leaving damaging holes. PHOTOS: COURTESY ONTARIO BADGER PROJECT



THE FUTURE of FARMING

Badger spotting

Spot a badger burrow on a hike? Call the hotline 1-877-715-9299 (toll-free) or email info@ontariobadgers.org.

Badger burrows are about 10 inches in diameter and may have claw marks around their entrance. Call, too, if you find one killed on the road. It's better to do this sooner rather than later — before they decompose or become food for scavengers.

Kissin' cousins

Researchers set up Velcro "hair nags" at the top front of suspected badger burrows, to collect hair for DNA analysis. Because badger numbers are so few, studies can identify each badger through such analysis, and determine relationships between them — particularly, how inbreeding might be threatening the species' survival.

tures — their distribution and abundance, habitat, prey (they're carnivores), mortality, and how they fit into the agricultural landscape of southern Ontario.

It's an uneasy existence

for badgers here. This is the eastern fringe of their continental range, so they were never very plentiful here to begin with. And it doesn't take much to disrupt their ecosystems, like cities swal-



Researchers have fitted 10 badgers with radio transmitters before releasing them back into the wild.

lowing up Ontario farmland. That makes farmers' conservation efforts even more important.

But even at the best of times, how do you keep track of 200 badgers in a province the size of Ontario?

Well, besides registering

activity such as burrows and sightings (including road kill — see sidebar) Sayers and a handful of others, including researchers at the University of Guelph, have outfitted 10 badgers with small radio transmitters.

Through a dozen motion-

FARM poll

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activated trail cameras (sorry, no badger cam) strategically placed near known burrows, they monitor the animals' movement.

Such remote surveillance beats trying to follow a badger on foot, from county to county, or meeting one face to face, especially if it feels threatened. Badgers are known for punching above their weight, as seen in the video that went viral of the badger in Utah burying an entire cow carcass.

But despite their ferocity, badgers' future depends on farmers' help with habitat.

And they're getting it.

Over the past 30 years or so, various levels of government and conservation authorities have helped farmers replant thousands of acres of trees, and retire fragile land along creeks, rivers and lakes.

Those measures are vital for food, water and shelter for many wild animals, including badgers.

"There's a very strong and growing ethic in the farm community to appreciate and manage the landscape for biodiversity," says Harold Rudy, executive officer of the Ontario Soil and Crop Improvement Association. "We run a lot of conservation programs and workshops for farmers across Ontario, and they are almost always sold out."

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.



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TOP 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

Not sorry

BAD TO THE BONE

Canadian rogues and rebels

Rhonda Riche

Canadians have a reputation for being nice. But we also have a rebellious streak. Here's a rogue's gallery of some notorious northern scallywags.

1 Edwin Boyd

The leader of a band of bank robbers called the "Boyd Gang," Edwin Boyd turned to a life of crime after leaving the army at the end of WWII.

The Gang are credited with six heists between 1949 and 1951. He's remembered for his M.O. of applying mascara and stuffing his cheeks to disguise himself while on the job.



Dapper Edwin Alonzo Boyd once drew crowds of starstruck women to his court appearances.

TORSTAR NEWS SERVICE

2 Norman Ryan

Known as "Red Ryan," Norman Ryan was sentenced to life imprisonment at Kingston Penitentiary in 1923 after a string of major thefts.

Twelve years later, he convinced officials that he had reformed and was released.

For a year, Ryan led a double life — preaching against crime in newspaper editorials while



Norman (Red) Ryan lived a life of crime.

TORSTAR NEWS SERVICE

committing a series of robberies and murders.

He died in a gunfight with police while trying to rob a Sarnia liquor store in 1936.

3 Monica Proietti

Montreal's "Machine Gun Molly," Proietti came from a long line of ne'er do wells. Her grandmother allegedly ran a crime school for kids. Proietti herself robbed more than 20 different banks and was rumoured to have brought her children to her heists.

4 Ken Leishman

The brains behind the non-violent "Flying Bandit Bank Robberies," Leishman was a sort of folk hero in the '60s and '70s. His most celebrated caper was the theft of 12 crates of gold bars at the Winnipeg Airport.

After he got out of jail, the community of Red Lake named Leishman president of their Chamber of Commerce.

5 Pearl Hart

Canadian-born Pearl Hart, "The Wild West Bandit," earned her fame the old-fashioned way: by robbing a stagecoach.

In 1899, she and her partner, Joe Boot, held up the coach in Arizona, robbing its passengers with a .38 pistol. They were caught the following week, and Hart became a media sensation as word of the female stagecoach robber spread. She was pardoned and released in 1902.



Pearl Hart, known as "The Wild West Bandit," was an Ontario schoolgirl who gained media attention for her role in a series of stagecoach heists in Arizona.

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CALGARY SENIORS' HOUSING SOCIETY

Community-wide effort to help seniors actively age in place

City organizations that work with older adults are putting their collective brainpower together to help make Calgary a great place to actively age.

Since the rollout of its Seniors Age Friendly Calgary strategy, Calgary Recreation has put on Active Aging Think Tank events that bring stakeholders together to share ideas, research and their most successful programs and projects.

Seniors Age Friendly Calgary is a community-wide strategy that brings together older adults, government, and members of the health, post-secondary, non-profit and private sectors to prepare for the city's aging population. By 2036, it's estimated one in five Calgarians will be a senior.

The next Think Tank takes place during Seniors' Week, June 5-11, and will focus on the

topic of creative activity.

"They're mostly aimed at practitioners coordinating programming for older adults," says Cherie Ratte, facilitator for elder friendly communities with Carya, a nonprofit that offers services and programs for youth families and older adults. Ratte sits on the organizing committee for the Think Tanks.

"Previous (Think Tanks) have focused on more active aging and physical recreation. This one is different ways of creative expression."

Organizations each give short presentations on their ideas, using the PechaKucha presentation style — a Japanese method of concise presentation, under seven minutes with a 20-slide show.

The events allow groups to gain inspiration, exchange ideas and connect organizations for



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MORE ONLINE

Look out for the next installment of this feature on July 31. Can't wait until then? Visit us at seniorshousingnow.ca.

collaborative projects.

The topic of creative aging would include presentations on visual, literary and performing arts programming for seniors.

"People aren't just rolling up the carpet and sitting down in front of the TV. They want to be involved and active and that goes for community and facility programming," Ratte says.

Priority areas for the City when it comes to seniors are participation and inclusion, says AJ Matsune, Active Aging Recreation Program Coordinator.

"We're making a conscious effort to better allow older adults to remain physically and creatively active and socially engaged over their lifespan," she says.



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Providing seniors with a furry friend to make aging less ruff

We humans love sharing our time with pet animals. There's evidence that people kept dogs as pets as long as 40,000 years ago, and our history with cats goes back at least 10,000 years — and even in this age of technology, companion animals remain a significant part of the human experience.

"Pets bring a certain amount of calmness and stress relief, because they present a non-judgmental view," says Diana Segboer, executive director of PALS, the Pet Access League Society. "They just love you for who you are and where you are, and all they want is attention. It's pure and sweet and honest, and we really seem to thrive on that because of the simplicity."

Seniors in particular can benefit tremendously from interaction with pets. But many older people face difficulties in being able to keep an animal, from physical and financial challenges to the fact that many care facilities don't allow pets.

So, as part of its program, PALS brings pet animals — dogs, cats and rabbits — to more than 60 different facilities where seniors

and others can benefit from the free service. "Pretty much anywhere stress, loneliness and depression live, we are there," Segboer says.

Studies show that the positive effects of being around pets are especially significant for older people in long-term care.

Reduced loneliness is just one of those benefits, U.S. researchers Marian Banks and William Banks found in an extensive 2002 study.

"The results of this study show that animal-assisted therapy can effectively reduce the loneliness of residents in long-term care facilities," they wrote in the *Journals of Gerontology*. The study found that as little as 30 minutes per week spent with a therapy animal made residents feel less lonely, and also triggered vivid and clearly expressed memories of time spent with pets in the past.

As an additional benefit, "the pet can act as a catalyst for socialization or human-human interactions," they wrote.

Further research has revealed a long list of related emotional, cognitive and physical



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health benefits from spending time with pets, from reduced anxiety and increased empathy to lower blood pressure.

"Animals have no hidden agenda," Segboer says. "I've seen it where they walk into a seniors' home and just hop up on the bed and allow themselves to be stroked for as long or as short as the person needs. They know who

needs them the most."

The Kerby Centre Housing Directory includes a list of care facilities and their guidelines for pets. The directory is available at Calgary Co-op stores and Calgary Public Library branches as well as online at kerby-centre.com. For more information on PALS, visit palspets.com.

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BREAKING DOWN THE BARRIERS OF LIVING WITH DEMENTIA



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As Canada's population ages, it's estimated that by 2031, 1.4 million people will be living with dementia — about double the number there were in 2011.

Individuals affected by dementia are already in our communities, and they and their caregivers need to feel included, safe and supported where they live, work and socialize.

To help make this happen in Calgary, the Brenda Strafford Foundation (BSF) has launched a 2.5-year pilot project called Dementia Friendly Communities, which brings together community groups, businesses, schools and volunteers with the goal of de-stigmatizing dementia and understanding how people living with it may experience the world.

"We're doing it on behalf of the province of Alberta in two different locations, and the main goals are to build community capacity to support individuals with dementia to live in their communities as long as possible," says Navjot Virk, research and innovative practice coordinator for BSF.

The two communities include Calgary Westhills — which encompasses the neighbourhoods of Signal Hill, Strathcona, Christie Park and Aspen — and the town of Okotoks.

BSF is drawing on best practices from similar projects run in the UK, B.C. and the U.S., and has plans to create a toolkit that can be used in communities across Alberta.

The project launched in November and residents, families and caregivers were invited to identify both barriers and positives for those living with dementia in the communities.

"One thing was accessibility, and making people aware of how to make (people with dementia) feel safe and secure, so they feel more empowered and supported if they go to the bank, pharmacy or grocery store. People don't always know how to interact with them," Virk says.

The educational component of the project includes raising awareness of dementia and educating citizens and businesses about it.

Partnerships with community schools have

also been created.

Helping people with dementia feel more comfortable can include everything from communicating more slowly and patiently, and as-

sessing the physical environment in a business to make it easier.

For more information go to straffordfoundation.org/dementia-friendly-communities.



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Reimagining idea of 'community' with virtual retirement village

Physical retirement villages can be expensive, have long waiting lists and often take seniors out of their communities and away from all that is familiar.

These are reasons that retired local architect Barry Pendergast would like to start a virtual retirement village in Calgary.

Pendergast, who is also an associate adjunct professor in the Faculty of Environmental Design at the U of C, has designed numerous facilities for city seniors. Applying his expertise on technology — including virtual reality technology — and facing the issues surrounding aging in place himself — Pendergast and his wife are in their 70s — he thought about doing something radically different for coping with housing seniors: a virtual seniors' village.

Turns out it wasn't an original idea, once he did a little research. There are about 100 virtual retirement villages across 40 states in the U.S.

The concept is one that allows seniors to age in place while addressing the issues that could prevent them from staying in their communities, such home and yard maintenance, grocery shopping and driving.

Members form an association, pay yearly fees to receive access to resources and a sup-

(A COMMUNITY) SHOULD HAVE PEOPLE OF ALL AGES AND WORK IN A COGNITIVE, FUN WAY.

— Barry Pendergast

port network that allows them to stay put.

"You provide everything you get in a seniors' home — the health visits, maintenance, socialization," Pendergast says. Young community members and volunteers would also be involved.

"I did a lot of housing and community design in Britain and have never been happy with the way we design communities here. Part of it is all the double garages, which prevent you getting into contact with people. This is one way of reimagining what a community is. It should have people of all ages, and work in a cognitive, fun way."

Pendergast imagines integrating helpful apps and virtual reality into his village concept.

"You can explore history and geography, or mountain climb without leaving your house, so



ISTOCK

the health benefits of helping cognitive skills, memory and balance — there is just a whole bunch of great stuff," he says.

People belonging to the virtual village could even band together and purchase a house to be turned into a communal space, he suggests.

Pendergast is hoping to tap the government, U of C and the housing industry for funding to head up a pilot project for a virtual seniors' village. He's critical of brick-and-mortar retire-

ment home options where "we've watched friends go in and become like zombies. They're isolated. It's a pathway to their graves."

He envisions the virtual community concept as one that is vibrant, inclusive and self-sustaining.

"People are passionate about staying in their own homes, and it solves the question of loneliness. You'd have people looking out for each other."



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Alzheimer's sedative ups risk of pneumonia: study

A study published in the Canadian Medical Association Journal (CMAJ) suggests that benzodiazepines, a common sedative often prescribed to Alzheimer's patients, was significantly found to increase the risk of pneumonia amongst community-dwelling adults.

As per the abstract on CMAJ's website, the research, led by Heidi Taipale, PhD Pharm, from the University of Eastern Finland, studied data on all community-dwelling adults with a recent diagnosis of Alzheimer disease in Finland from 2005 through 2011. The data was taken from the Medication Use and Alzheimer Disease (MEDALZ) cohort.

In total, factoring in a one-year washout period (where subjects receive no treatment for the indication in the study, thereby allowing that the assumption of the previous treatment were eliminated) there were 49,484 eligible participants for the study. Of them, 5,232 took benzodiazepines and 3,269 took similarly acting non-benzodiazepines (Z-drugs).

The study found that patients with Alzheimer's Disease who took benzodiazepines were 30 per cent more likely to develop pneumonia. This risk was greatest during the first 30 days of treatment.

"If people are having medical issues, it's important to evaluate whether existing treatments may be part of the cause," explained Dr. Paula Rochon, a geriatrician and researcher at the Women's College Research Institute. "[The study] demonstrates what we've known for a long time — that these drugs have potential harmful effects and this is just another manifestation of them."

Dr. Rochon added that everyone involved in the care for senior populations should take an active and regular role in monitoring what's being taken and why.

"It's a little bit of [everyone's responsibility] — from the doctor prescribing to the pharmacist to the family and caregivers," she said. "For me, it's 'do you need this medicine at all?' That's an important starting point. You need to regularly review medicine with doctors and other team members on an ongoing basis."

As this was an observational study, the authors admit that they are unsure what the association between sedatives and pneumonia entails. The authors opine that the relation may be due to sedatives increasing the risk of food or saliva aspiration into the lungs.

An abstract of the study is available at cmaj.ca.



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The Baseball Hall of Fame presented a plaque to Homer Simpson to honour the 25th anniversary of the Homer at the Bat episode

Mitchell yet to find his football ceiling

CFL

Stampeders QB aims for bigger, better things as he matures

Bo Levi Mitchell has time on his side.

It's easy to forget the quarterback is just 27 years old, given his achievements so far.

In three seasons as the Calgary Stampeders' starter, Mitchell has won a Grey Cup (2014) and earned the CFL's Most Outstanding Player award (2016).

His 5,385 passing yards last season vaulted him into fifth all-time in franchise history. And his 43-7-1 regular-season record is a fast start to a career by any measure.

"I don't believe I've got close to my ceiling," Mitchell said

Sunday on the opening day of Stampeders training camp. "I still see myself as a young guy, mobile when I have to be.

"I feel very good about where I can go from here and make sure I continue to get better every single day."

Head coach Dave Dickenson says he'll make sure that happens.

"As I got later in my (playing) career, it kind of bothered me (when) I didn't feel at times like the coaches coached me as hard as I should have been coached meaning that, yeah, they think you know everything and you've got this handled," Dickenson said.

"We'll continue to push Bo and he's a motivated man."

When Mitchell ticks off the names of quarterbacks he admires — Henry Burris, Anthony Calvillo, Ricky Ray and the NFL's Drew Brees and Peyton Manning



Bo Levi Mitchell VAUGHN RIDLEY/GETTY IMAGES

— Mitchell points to their consistency and longevity.

Mitchell has the time and talent to create his own football legacy. He wants to avoid extended absences from the field.

Mitchell's primary goal for himself in 2017 is to stay healthy enough to play all 18 regular-season games.

"The goal is to be there for the guys," Mitchell explained.

"When they look at me, they know it's reliability.

"It's not 'who's at quarterback? Who is running the huddle?' so they just know I'm going to be there day in and day out."

The six-foot-two, 196-pound pivot from Katy, Texas didn't play every game the last two seasons only because the Stampeders secured first in the West Division early.

Mitchell sat out the regular-season finales to stay healthy and rested for the playoffs.

"He would have played 18 last year if I'd let him," Dickenson said.

Mitchell believes his off-season training regimen and experience on the field reduces the risk of a long-term injury.

"I think there's a certain way to train," he said. "I'm not going to give away my secrets to it because that's one of my advantages, is trying to be durable.

"If you're a NASCAR driver, you're going to put a lot of money into that car, so I put a lot of money into my body. I spend a lot of money every single week making sure my body is right and healthy and ready to go."

Entering his sixth CFL season, Mitchell says he's figured out when to take punishment and when to play it safe in a game.

+ HURTING BOSS

Stampeders general manager John Hufnagel's arm was in a sling Sunday. The 65-year-old former quarterback had reconstructive shoulder surgery earlier this month.

"We kid around he must have hurt it fishing," coach Dave Dickenson said.

"Understanding when to get down, when to go out of bounds, when to take the hit," he explained. "I applaud guys like (Edmonton's Mike) Reilly who will go out there and take a hit every single play.

"For me to be there all 18 games, I think there's times to do it and times not to."

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MEMORIAL CUP

Windsor parties hard with Spitfires victory

The Windsor Spitfires are Memorial Cup champions for the third time in franchise history.

Jeremy Bracco capped a three-point effort by setting up Aaron Luchuk's winner early in the third period as the Spitfires beat the Erie Otters 4-3 on Sunday for the Canadian Hockey League championship. Windsor also won in 2009 and 2010.

Bracco, Logan Stanley and Graham Knott also scored for the host Spitfires. Michael DiPietro made 32 saves for the win.

SUNDAY In Windsor

4	3
SPITFIRES	OTTERS

Dylan Strome, Warren Foegele and TJ Fergus scored for the Otters, the Ontario Hockey League champions. Troy Timpano stopped 18 shots in defeat.

Strome was named the tournament MVP. THE CANADIAN PRESS

IN BRIEF

Cashner slows down Jays

A solid start from Texas right-hander Andrew Cashner brought an end to the Toronto Blue Jays' season-high five-game winning streak. Cashner (2-4) allowed one run and just five hits over seven innings to help the Rangers (25-26) avoid a sweep with a 3-1 win. THE CANADIAN PRESS

Japan's Sato wins Indy 500

Takuma Sato held off Helio Castroneves to win the 101st running of the Indy 500 Sunday. THE ASSOCIATED PRESS

Kisner holds off Spieth to seal victory at Colonial

Kevin Kisner birdied the first three holes on the back nine to take the lead and held on to win at Colonial despite a Sunday charge by defending champion Jordan Spieth. THE ASSOCIATED PRESS

Dumoulin wins Giro d'Italia

Tom Dumoulin won the 100th Giro d'Italia in dramatic fashion Sunday, reclaiming the overall lead in a final-stage individual time trial. THE ASSOCIATED PRESS

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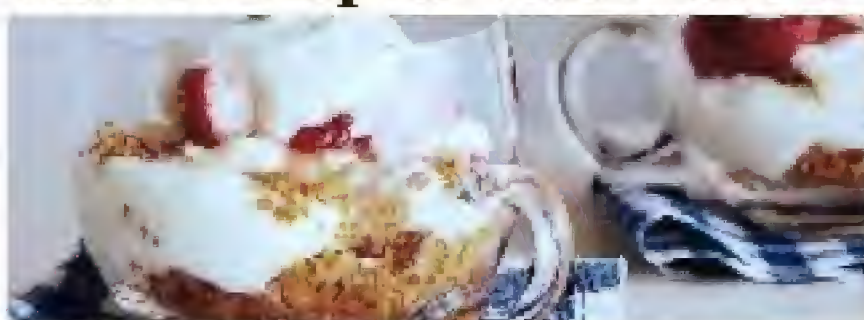


PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

These simple to assemble treats make a special dessert or breakfast.

Ready in 2 hours, 40 minutes

Prep time: 40 minutes

Makes: 6 to 8 parfaits

Ingredients

- 16 oz fresh strawberries, hulled and quartered
- 1/4 cup sugar
- 1 cup mascarpone cheese
- 2 lemons, zest and juices
- 5 to 7 mint leaves, finely chopped
- 1 Tbsp sugar
- 2 tsp vanilla extract, divided
- 6 full-size graham crackers
- 1 cup oats
- 1/4 cup butter (1/2 stick), melted
- 2 Tbsp brown sugar
- 2 cups whipping cream, plus 2 Tbsp
- 1 tsp lemon zest

Directions

1. Mix the strawberries with sugar and zest and juice of one lemon. Refrigerate at least 2 hours.
2. Mix the mascarpone with

lemon juice and zest, reserving 1 teaspoon for whipped cream. Add vanilla and sprinkle in mint. Stir in 1 tablespoon whipping cream. Blend until smooth.

3. Preheat oven to 325. Place graham crackers and oats in a food processor and buzz till like bread crumbs. Transfer to a bowl and mix in melted butter and two tablespoons brown sugar. On a baking sheet lined with parchment paper, spread crumbs out in an even layer. Bake 15 to 20 minutes, or until golden brown. Once cooled, store the crumbs in an airtight container or mason jar.

4. Using a stand mixer or electric hand mixer, mix whipping cream, lemon zest and vanilla until soft peaks form. Scoop into a piping bag.

5. Assembly: In a shallow dessert cup, put about two tablespoons of the graham mixture, two tablespoons of the mascarpone mix, a tablespoon or two of the strawberries, some more mascarpone and then top the whole lot off with some whipped cream and a teeny piece of fresh mint.

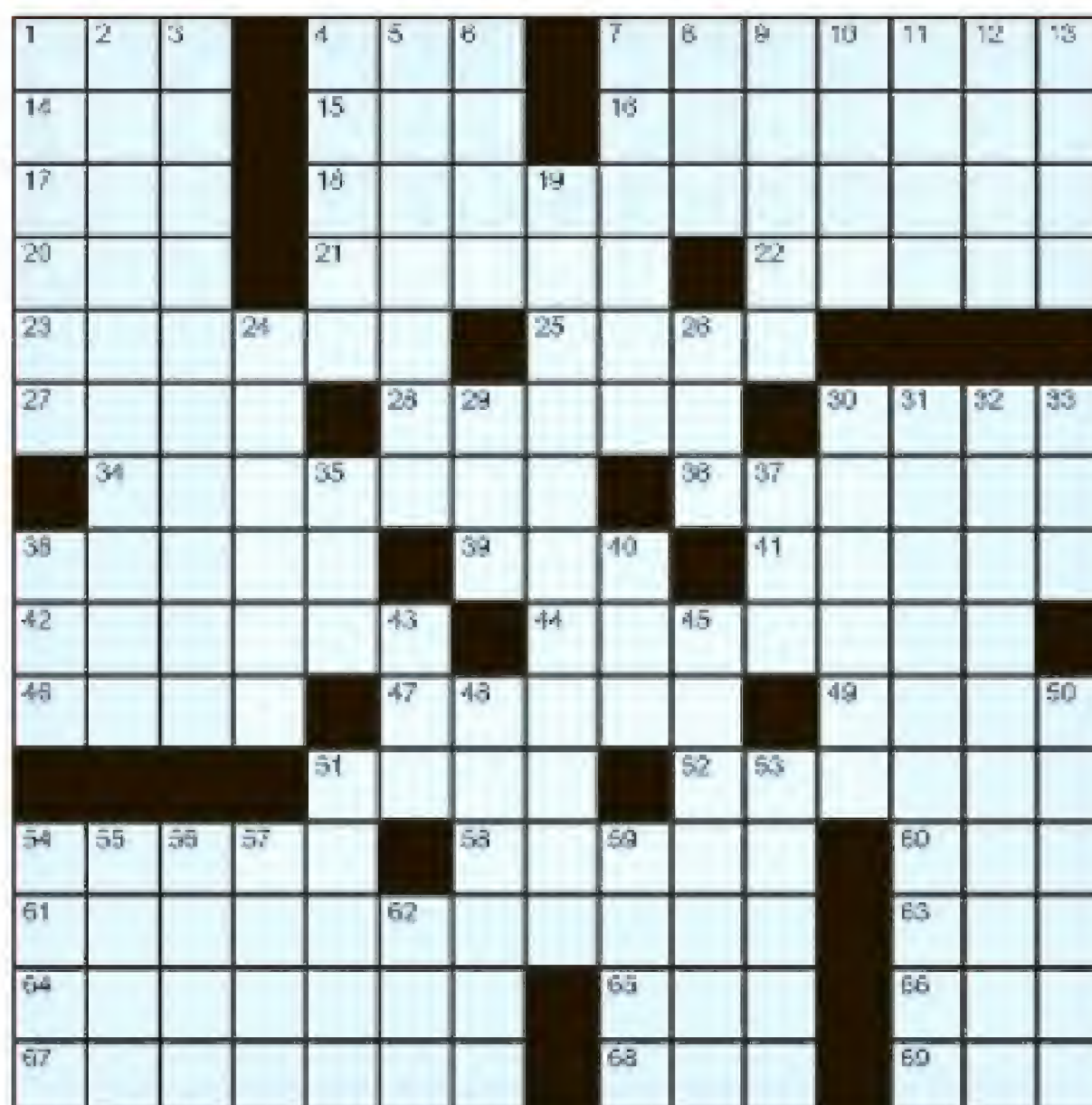
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BY KELLY ANN BUCHANAN

ACROSS

1. Inclined
4. Humanities degs.
7. Montreal-born writer Mordecai
14. Thoroughfare topping
15. Qty.
16. Air Canada's in-flight magazine
17. Gladiator's 601
18. Grass emblem of Alberta: 2 wds.
20. US dog org.
21. ___ course (Soon enough)
22. Web commerce
23. Hamlet in Alberta north of Grande Prairie
25. Scream
27. Deer Lake's prov.
28. "Long Tail ___" by Little Richard
30. Climb
34. Luba hit tune: 3 wds.
36. Blood vessel implants
38. MasterCard rivals
39. Embassy diplomat [abbr.]
41. "Where ___": Beck hit in 1996
42. "The ___" by The Band
44. Double-reed instrument
46. SInS equivalents in The States
47. Humble
49. Ye's antiquated follower
51. Figure skater Johnny
52. Certain cars
54. Hidden hoard
58. Stranger



60. 'Persist' suffix
61. Provincial Park in Ontario sharing the name of the Lake Erie village where it is situated: 2 wds.
63. Marriage notice word
64. Outfits
65. From ___ Z

66. Late-summer fair in Toronto [acronym]
67. Sort of red-dish-brown
68. Equivalent word in a thesaurus, for short
69. NFL field measurements

DOWN

1. When the first sunny crack in the day arrives: 2 wds.
2. Total tales: 3 wds.
3. Fills up bit by bit: 2 wds.
4. Comedian/actor Cheech
5. Amidst

6. Particular poker
7. Fix a shoe in a way
8. Like Beethoven's 'Pastoral' symphony, ___ Major
9. Angler's basket
10. Party thrower
11. ___ Brasi, "The Godfather" (1972) enforcer

12. Needle case
13. Merry dance
19. Bandleader of The Royal Canadians: 2 wds.
24. This is owned by me! info providers: 2 wds.
26. Variantly-spelled French lily
29. Range cooker name
30. Do some updating in the workshop
31. Financial woe
32. Emulate spiked hair: 3 wds.
33. Approx.
35. Suffix meaning 'like'
37. Shakespearean contraction
38. 'Das Auto,' cars, briefly
40. ___ relief
43. ___ Bo (Fitness system)
45. LXX
48. Diagnostic test
50. Makeup maven Ms. Lauder's
51. "What place?"
53. Joe ___ (Playwright of What the Butler Saw!)
54. Space sparkler
55. Anti-apartheid activist Desmond
56. ___ & Sciences
57. Water ___ (Summertime gear)
59. "Buenos ___"
62. However

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a playful, fun-loving day. You will enjoy socializing with others. Sporting events will particularly appeal to you, along with fun activities with children.

Taurus April 21 - May 21
This is more of a personal day for you. You might like to withdraw or retire somewhere quiet, especially your home where you can feel relaxed and protected.

Gemini May 22 - June 21
This is a fast-paced, busy day for you. The upside is that your daily environment is stimulating! You might meet new people and see new situations. You certainly can learn something new.

Cancer June 22 - July 23
Money and possessions are a priority for you today. (You're never casual about money.) If out shopping, you will be careful and wise.

Leo July 24 - Aug. 23
Today the Moon is in your sign, boosting your energy and making you more emotional. This happens for two days each month. (Yes, the Moon will be in your sign tomorrow, too.)

Virgo Aug. 24 - Sept. 23
Because you have been high-viz lately (and this will continue this week), use today and tomorrow to catch your breath. Hide somewhere, if you can.

Libra Sept. 24 - Oct. 23
An interaction with a female friend will be important today. You might want to discuss travel plans or something related to publishing, the media, medicine and the law.

Scorpio Oct. 24 - Nov. 22
This is a good day to think about your life's direction in general. What do you see for yourself in the next five years? What about this year?

Sagittarius Nov. 23 - Dec. 21
You are the traveller of the zodiac — no question. Today you would love to get away and see someplace different. If you can't, be a tourist in your own city.

Capricorn Dec. 22 - Jan. 20
Start this week by tying up loose details with taxes, debt, bills, inheritances and shared property. Get some of this stuff out of the way. (You'll love yourself for this later.)

Aquarius Jan. 21 - Feb. 19
You will have to go more than halfway when dealing with others, because the Moon is opposite your sign today and tomorrow. This simply requires courtesy and cooperation.

Pisces Feb. 20 - March 20
Think about how you can get better organized today so that you feel more on top of your scene this week. Do you have any good ideas?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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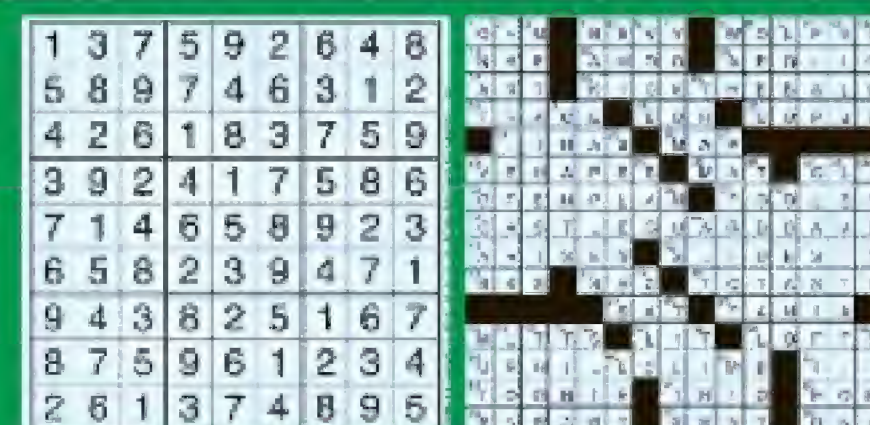
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